

 Mental Health Ambassadors 2025 -26

*“We are a team of 5 Mental Health Ambassadors (MHA) who help children in school during lunchtime. We help children who are struggling with friendship, feeling sad, have worries or just want some company.*

*We like to help others because we care and want to make sure all the children in our school are safe and happy.*

*We work closely with Mrs Ishfaq and have lots of resources we can use to help children who feel overwhelmed or emotional.*

*We can be found in the school yard every lunchtime.”*